



DEPARTMENT OF THE NAVY

COMMANDER
NAVY REGION, MID-ATLANTIC
6506 HAMPTON BLVD.
NORFOLK, VA 23508-1273

IN REPLY REFER TO:

COMNAVREG MIDLANT/SOPA
(ADMIN) HRINST 1730.5
NO1C

10 JUL 2000

COMNAVREG MIDLANT/SOPA (ADMIN) HAMPTON ROADS INSTRUCTION 1730.5

Subj: CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATION (CREDO)

Ref: (a) CNO ltr 5400/3 Ser 971p/0502 of 26 Apr 90

Encl: (1) CREDO Norfolk - Map
(2) Procedures for Participation in CREDO activities

1. Purpose. To publish information about CREDO Norfolk.
2. Cancellation. COMNAVBASENORVA/SOPA(ADMIN)HAMPINST 1750.5G. Due to numerous changes, revision markings have been omitted.
3. Background. Since its inception in 1978, CREDO Norfolk has provided unique and invaluable support services to the Sea Services (Navy, Marine Corps, and Coast Guard). In accordance with reference (a), CREDO Norfolk is a program of the Navy Chief of Chaplains and a department of COMNAVREG MIDLANT. CREDO is a proven resource in the areas of personal, emotional, spiritual, and marital growth whose purpose is to improve the quality of life and spiritual readiness in the naval community and other sea services.
4. Information
 - a. The mission of CREDO is to provide appropriate forms of ministry through which military personnel and their family members are enabled to develop personal and spiritual resources and to grow toward increased functional ability, religious maturity, and acceptance of responsibility. This mission is accomplished through a variety of retreats and seminars, which include: Personal Growth Retreats, Spiritual Growth Retreats, and Marriage Enrichment Retreats. CREDO retreats are FREE OF CHARGE to all Sea Service, family members, and DoD individuals, active duty and retired, with an ID card and are conducted at various facilities in Eastern Virginia. Some satellite retreats are also sponsored near USN/USMC facilities on the Eastern Seaboard. Round-trip transportation for local retreats is provided by CREDO. The CREDO center is located in Bldg. I-A, Powers Hall, corner of Bacon and Pocahontas Streets, Naval Station, Norfolk. CREDO telephone numbers are (757) 444-1091/2, DSN 564-1091/2.
 - b. The Chief of Chaplains (N-097) assumes responsibility for overall programming and provides the major resources for support of

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CREDO, while administrative support is the responsibility of COMNAVREG MIDLANT.

The Regional Chaplain acts as program advisor, and the CREDO Director assumes responsibility for the direct operation of the Norfolk program.

5. Action. Commanding Officers are encouraged to take full advantage of CREDO programs on behalf of their people. Commanding Officers can support their personnel to participate by providing No-Cost TAD orders, special request chits, or leave orders in care of CREDO COMNAVREG MIDLANT. Specific procedures for attending CREDO retreats are detailed in enclosure (2).

6. Notification. CREDO retreat schedules will be published on a periodic basis through various channels of media, message traffic, and direct mail brochures.



W. L. DILLINGER
Chief of Staff

Distribution: (COMNAVBASENORVA/SOPA (ADMIN) HAMPINST 5216.2X)

List I (L B4, B11, 07, P1-P17, Q1-Q12)

List III (O 1-3, 6 10)

List IV (L J1, K1, L1)

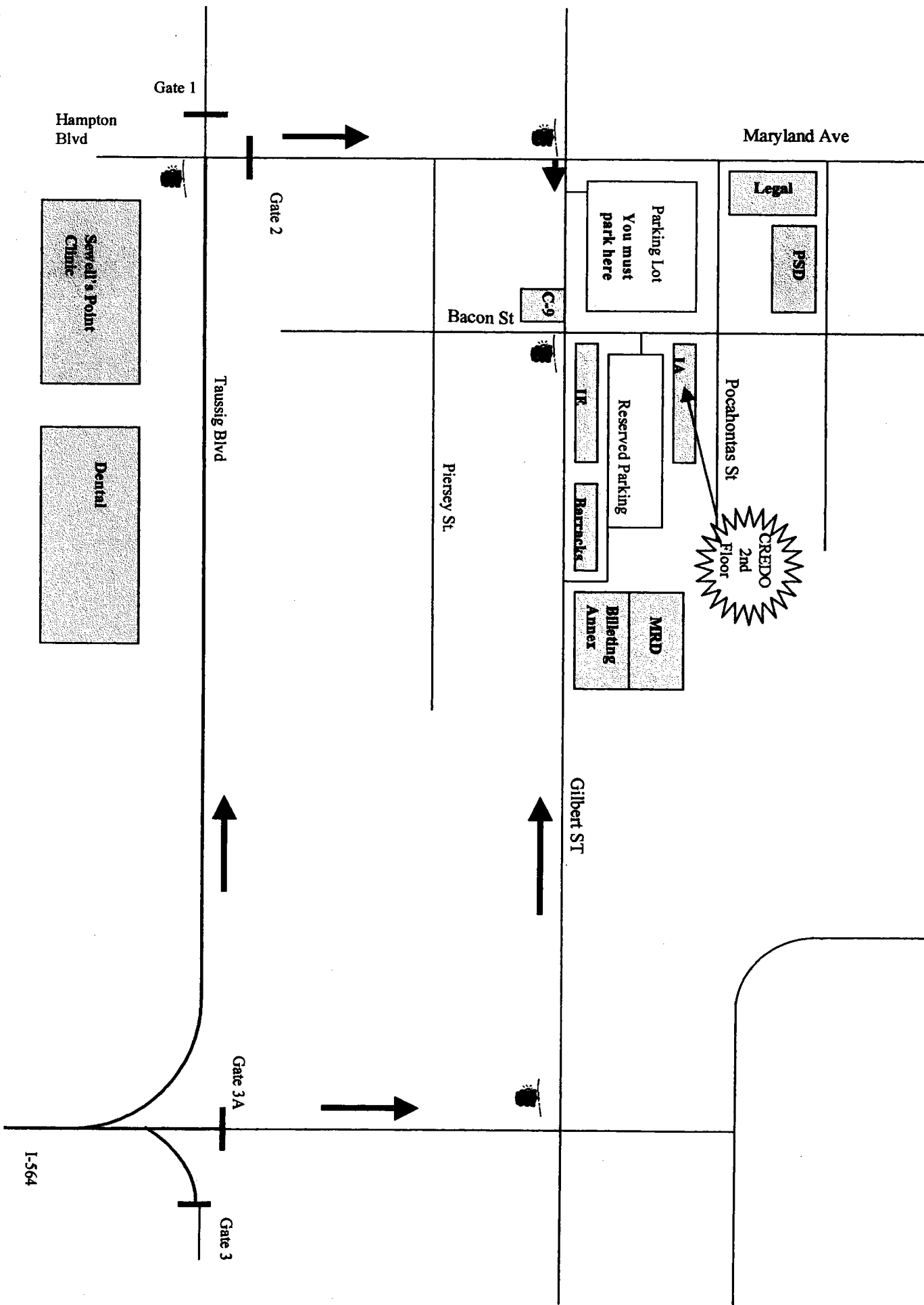
List V

List VI

(400 copies)

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WELCOME TO NORFOLK - MAP



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PROCEDURES FOR PARTICIPATION IN CREDO ACTIVITIES

ALL RETREATS ARE CONDUCTED OUT OF THE NORFOLK AREA. FOOD, SHELTER, AND TRANSPORTATION ARE FUNDED THROUGH VARIOUS COMMANDS AND THE CHIEF OF CHAPLAINS. ALL RETREATS INCLUDE TEAM FACILITATORS AND A CHAPLAIN-IN-CHARGE.

1. PERSONAL GROWTH RETREAT

a. Purpose. In a retreat environment participants are given the opportunity to better understand their own priorities and issues and to develop new perspectives in their relationships with God, family, friends, military associates, and others. Additionally, retreats provide a safe context and process to build their self-worth and confidence and to practice skills in interpersonal communication.

b. Information. Retreat reservations should be made with the CREDO Center (757-444-1091/2, DSN 564-1091/2) prior to the retreats. Cancellations of reservations should be made as soon as possible, so persons on a stand-by status can make plans to attend. Retreats commence at 1700 Thursday and conclude at 1600 Sunday at the CREDO Center, Powers Hall, Bldg. I-A, Naval Station, Norfolk, Virginia. Parking is available in the lot across the street from the NEX Food Court. Berthing, messing, and round trip transportation from the CREDO Center to the retreat site will be provided by CREDO. Participants are to be volunteers, military personnel should have No-cost TAD orders, leave orders, or an approved special request chit to CREDO Norfolk.

Commands are to encourage participation, but no person should be ordered against his/her will. No drugs, alcoholic beverages, electronic gear, reading materials, or private vehicles will be permitted at the retreat site. Participants are to wear appropriate civilian attire (no "Daisy Dukes," halter or tank tops, or any clothing with military symbols). Valid U.S. Armed Forces identification card is required during check-in procedures.

2. SPIRITUAL GROWTH RETREATS

a. Purpose. The Spiritual Growth Retreats are sequels to the Personal Growth Retreat. The CREDO II retreat focuses on the themes of the faith and hope. The Reclaiming of the Inner Child Retreat enables participants to experience the wholesome development of the inner child within each adult. CREDO III is a specific religious retreat dealing with various components of Christianity through practicing and experiencing various disciplines of the faith.

b. Information. Reservations procedures, transportation and attire of paragraph 1.b are applicable. Retreats generally commence at 1700 Friday and conclude at 1600 Sunday at the CREDO Center.

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3. MARRAGE ENRICHMENT RETREAT

a. Purpose. The Marriage Enrichment retreats provide tools to nourish and maintain marriage relationships. Skills in communication, conflict resolution, and keys in building greater intimacy are taught. This retreat has proven to be an invaluable resource for couples reunited following sea service deployments.

b. Information. Reservation procedures, transportation and attire of paragraph 1.b are applicable. Retreats commence at 1700 Friday and conclude at 1600 Sunday at the CREDO Center.

4. MEN'S RETREAT, WOMENS'S RETREAT, TEEN RETREAT, and other programs are provided, as funds are available. These retreats are scheduled from Friday evening through Sunday evening (48 hours).

5. Team Member Training (Initial and On Going) and Team retreats are provided to build skills, confidence, and teamwork among team members.

6. Follow-up meetings are held weekly. They are open to those who have attended a Personal Growth Retreat at any CREDO worldwide.